



Keynotes and Workshops
by
Bernhoff A. Dahl, M.D.
based on his new book

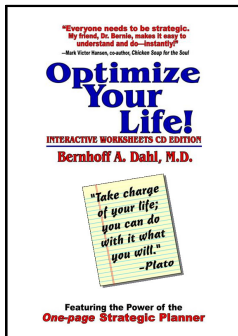
Optimize Your Life!
The *One-page* Strategic Planner

Bernhoff A. Dahl, M.D. is a physician, entrepreneur, speaker, and consultant who has successfully applied the power of Strategic Planning during twenty-five years of “in the trenches” medical group practice and a range of business ventures. He developed the *One-page* concept in 1981 and has successfully adapted it to both organizational and personal use.

Since 1975, Dr. Dahl has produced over 3,500 professional seminars on a national and worldwide basis, for a wide range of groups, businesses, and organizations.

At last, the power of *organizational* Strategic Planning has been adapted and simplified for *personal* use, as well. The book merges both synergistically. This concept provides step-by-step text and *user-friendly* techniques for addressing the major questions of one’s Life, starting with:

- ▶ Who am I?
- ▶ What am I doing now?
- ▶ What do I value?
- ▶ What am I good at?
- ▶ What are my passions in life?
- ▶ What is a “successful” Life to me?
- ▶ What are the “toxic” forces in my Life?
- ▶ What do I want to have/do/be in my Life?
- ▶ What is my risk tolerance?
- ▶ What do I need to do to “clean up” my life?



These questions lead to other questions, answered so as to produce personal *inventory* as well as Mission, Vision, and Values Statements and Goals. The unique concept is the reduction of each Goal into component Projects and then into a series of Tasks, each one of which is assigned a *One-page* for its completion.

The One-page Strategic Planner is a self-development system that features a program for the development of a *personal* inventory in order to define, improve, and accept one’s self, and to apply to one’s group, business, and/or organization.

Dr. Dahl’s Keynotes and Workshops are:

- motivational and inspirational
- spiritual yet ecumenical
- entertaining and interactive
- adaptable to a range of audiences
- a message for all attendees

**For scheduling, fees, and demo
videotape contact:**